

**ABSTRACT**

5 This invention relates to systems to regulate pace. More particularly, this  
invention relates to providing a user with a regulated pace through the use of an electronic  
pace regulating, timing, and coaching device. In accordance with the instant invention, a  
portable programmable electronic device is configured to provide an audible signal at a  
repeated frequency that is selectable by the user. The pace timer and coaching device  
provides the user with a set audible cue at a set frequency to be followed during an  
exercise session. The audible cues provide a single regulated pace to be followed by the  
10 user while performing repetitive actions, motions, or strokes such that a desired training  
or racing pace is adhered to. The device is configured to detachably couple to swim  
goggles, to a user, to sunglasses, to an arm band, to exercise equipment, or to other  
articles of clothing utilized while exercising.

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